



# CanDo Kiddo

Black & White Picture Cards are a great way to play with your newborn baby. Simply print them out on regular paper or cardstock and cut to separate them. Here are some suggested activities to try with these cards.

1. Tape a card to the wall next to baby's changing station to encourage visual exploration. Be sure to change which direction you place baby on the changing table every few days to encourage head turning in both directions and prevent head flattening.
2. Remove the toys from your baby's activity gym (usually these toys are too visually stimulating and complex for newborns). Instead, tape 2-3 cards to the frame of your baby's activity gym to encourage looking and head turning.
3. Put the cards in a small photo album to make a black and white book to look at together.
4. Attach the cards to a photo mobile to make a Black and White mobile to hang over baby's play spot on the floor.
5. Tape a picture to a folded index card, piece of card stock, or the blank back of a greeting card. Prop this 6-12" from baby's face in Tummy Time to keep baby interested in this position. \*Note in the first weeks of life, baby will likely keep her cheek on the blanket or floor most of the time in Tummy Time. This is normal and the position is still extremely beneficial for your baby's development!
6. Tape pictures to the baseboard or lowest part of the wall in front of her blanket on the floor. Prop baby on her side to look at the pictures.
7. Encourage head turning by very slowly moving the pictures in different directions (keeping them 6-12" from her face) and letting your baby try to follow them.
8. Purchase a photo mobile to clip pictures to and hang low above baby's play area on the floor. Or, make your own mobile to tape pictures to by hanging a coathanger from a string.

By giving your baby something to look at that matches her visual abilities and interests in the first weeks of life, you encourage healthy motor, cognitive and sensory development. While "play" looks different in the first months of life than when your kiddo gets older and more independent, it's still essential for growth and learning. Providing your baby with lots of active playtimes and freedom of movement, unrestricted by baby holding devices (swings, bouncy seats, infant car seat carriers), is critical to her health and development! Happy Playing!



